

The claims defining the invention are as follows:

1. The invention provides, for use in the training of golf players, a device having a platform and two coplanar members situated thereon, wherein the first member is fixed, and the second member may move relative to the first member, the device having a bias means which, in the absence of an externally applied force, causes the two members to be adjacent.
2. A device as claimed in claim 1 wherein the second member is arranged in a manner where it is able to slide relative to the first member.
3. A device as claimed in claim 2 wherein the bias means which, in the absence of any externally applied force, causes the two members to be adjacent is at least one spring means.
4. A device as claimed in claim 2 wherein the bias means which, in the absence of any externally applied force, causes the two members to be adjacent is at least one elasticised member.
5. A device as claimed in any one of claims 2 to 4 wherein the second member is able to move relative to the first member via a roller track assembly.

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6. A device as claimed in claim 5 wherein there is a third member which is removable.
7. A device as claimed in claim 6 wherein in use, the third member is located transversely of the first and second members and can receive a
5 golf ball thereon.
8. A device as claimed in any one of the preceding claims wherein the surface of each member is interchangeable.